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U. S. Department of Agriculture

HOUSEKEEPERS' CHAT

Friday, September 15, 1933.

(FOR BROADCAST USE ONLY)

SUBJECT: "Green Tomato Uses." Information from the Bureau of Home Economics, USDA.

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If you have the urge to put on some kind of an economy campaign in your neighborhood this fall, I suggest a save-the-green-tomato campaign. My Scotch blood fairly curdles whenever I realize how many of these delicious, valuable and useful vegetables go to waste in gardens all over the country every fall, just because people don't know that they're good for anything but green tomato pickles. Yes, I've actually had friends look at me as if I'd lost my wits when I suggested that green tomatoes fit into almost any recipe in place of ripe tomatoes and that they make many other good dishes of their own. So there those young tomatoes hang in the garden waiting to ripen and then some dark chilly night up steps the frost and catches them. The plants shrivel, and turn black and the tomatoes are done for. That ends all the good green tomato dishes that might have been. If you're wise and thrifty, you'll pick your green tomatoes when the season gets along toward frost time and you'll bring them in the house for safe keeping.

If you want authority behind your save-the-green-tomato campaign, I'll refer you to the foods and nutrition specialists. The nutrition specialists say that tomatoes are valuable for their vitamins and minerals like any other fresh green vegetable. Of course, you know that ripe tomatoes are especially noted for their vitamin C content. Well, the green tomatoes are not quite so rich in either vitamin C or vitamin A as the ripe ones, but they rank the same in vitamin B and they can be considered good vitamin food.

As for flavor, they have much the same delicious flavor as the ripe tomatoes, but slightly more acid. So they fit into almost any recipe for cooking tomatoes. Let's go through the favorite tomato dishes and find where green tomatoes will do as well as ripe ones. First, stewed tomatoes. Of all the ways of serving cooked tomatoes, probably this is the most popular. Either ripe or green tomatoes are good stewed. Second, one of our most popular soups -- cream tomato soup. You can make it with green or ripe tomatoes and the only difference you'll notice will be in color and possibly slightly more tartness in flavor. Cream of ripe tomato soup is a delicate red. Cream of green tomato soup is a delicate green. Third, sliced fried tomatoes -- a fall favorite. Green tomatoes are excellent fixed that way. And they're also excellent stuffed and baked, cut in halves and baked with bread crumbs. They are also good scalloped. And green tomatoes in a curry of pork simply can't be beaten.

Now some of the special uses for green tomatoes. Green tomato pickle, for one. Green tomato marmalade, for another. Green tomato pie for a third. And green tomato mincemeat for still another.

About those green tomato pickles. You can make them in several ways. One good way is to make them like the dill pickles made from your garden cucumbers.

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Dill these little tomatoes whole and pack them in sterilized quart glass jars for future use. Dilled pickles are easier to make than long-brined pickles. In about two weeks they are ready to use and are crisp, well-flavored with dill, and clear throughout with not a white spot showing when you cut them. You can also slice these small tomatoes and pickle them as sweet dilled pickles using a sweet sirup. Slice them very thin. The sirup will penetrate the thin slices easily and give them a delicate sweet-and-sour flavor.

In making green tomato marmalade or green tomato pie, you combine lemon with the tomatoes. Thicken the green tomato and lemon filling with cornstarch and flavor with a bit of cinnamon.

By the way, when you want to loosen the skin on green tomatoes for peeling, you do it just as you do with ripe tomatoes. Dip them in boiling water for a moment.

We have a Friday dinner menu ready for you featuring fried slices of green tomatoes. Ready for the menu? Of course, this is a fish dinner. Breaded fillet of haddock -- fish that you can get in any good market from coast to coast; Creamed potatoes; Fried green tomatoes; Drop biscuit; and, for dessert, Fruit salad or fruit cup.

The Recipe Lady vouches for green tomatoes as excellent in mincemeat. Why not use up some of those extra green tomatoes in mincemeat for winter pies? Here's the recipe:

4 quarts of sliced green tomatoes	$\frac{1}{4}$ teaspoon of allspice
2 quarts of pared and sliced tart apples	$\frac{1}{4}$ teaspoon of cloves
$\frac{1}{2}$ pound of seeded raisins	5 cups of brown sugar
4 tablespoons of minced citron	2 cups of vinegar
4 teaspoons of cinnamon	2 cups of water, or more water
$\frac{1}{2}$ pound of currants	and less vinegar, if the
	latter is very acid.

Once more. (REPEAT)

Chop the tomatoes and the apples fine. Add the other ingredients. Boil the mixture slowly until the tomatoes are tender and the mincemeat is thick and not watery. Stir it occasionally to prevent burning. If desired this may be sealed in scaled jars for later use. The quantities given in this recipe should make about three quarts of mincemeat.

If you want information on using green tomatoes or on pickling, write the Bureau of Home Economics, at Washington, D. C. Specialists there are glad to help you with any food conservation problem.

MONDAY: "Cooking Pork."

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